International Journal of Yoga, Physiotherapy and Physical Education
ISSN: 2456-5067
Impact Factor: RJIF 5.24
www.sportsjournal.in
Volume 3; Issue 1; January 2018; Page No. 140-141

An assessment of agility between judokas and wrestlers: A comparative study

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Abstract
The present study was designed to examine the agility between judokas and wrestlers. Total fifty (N=50) male subjects were selected for this study. Twenty-five (n=25) judokas and twenty-five (n=25) wrestlers, who had participated at inter-college competitions during the session of 2016-17 from various colleges of Panjabi University, Patiala are examined. Agility was measured by administrating Boomerang agility test (Right) developed by Donald *et al.* (1940). The age of judokas and wrestlers were ranged between 19 to 25 years. The independent samples t-test was applied to find out the difference between judokas and wrestlers. The results revealed insignificant difference with regard to the variable agility between judokas and wrestlers.

Keywords: agility, judokas, wrestlers

Introduction
Agility is the ability to change the position of your body quickly and to control body's movements. Agility has characteristically been distinct as purely the ability to change direction hurriedly (Bloomfield, Auckland and Elliot, 1994) [3], Barrow and McGee (1971) [2] states it as the skill to alter direction rapidly and accurately. In more recent publications, some authors have defined agility to embrace whole-body change of direction as well as rapid movement and direction or change of limbs (Baechle, 1994: Johnson and Nelson, 1969) [1, 4]. Agility is the ability to move and change direction and position of the body quickly and effectively while under control. It requires quick reflexes, coordination, balance, speed, and correct response to the changing situation.

To be agile, you are responding to what is going on around you, taking in that information and translating it into body positioning that will maintain balance and control. Moreno (1995) [5] had introduced the word quickness, which he used interchangeably for both agility and change of direction speed. According to him quickness has been identified as ''a multi-planar or multidirectional skill that combines acceleration, explosiveness, and reactiveness.

Agility is one of the key components of fitness and is valuable in many sports and physical activities. Think of the sports where you have to use agility. In team sports such as football, soccer, basketball, hockey, volleyball and rugby you must quickly respond to movements of the other players and of the ball. In tennis, handball, squash, table tennis and similar individual sports, you have to quickly respond to the position of the ball. In surfing, skiing and snow-boarding you must be agile to respond to the changing conditions of the surface of the water and snow. People with good agility are most likely to be good at activities such as: diving, soccer, ice skating, Judo, wrestling, etc.

Methodology
Sample: Total fifty (N=50) male subjects were selected for this study. Twenty-five (n=25) judokas and twenty-five (n=25) wrestlers, who had participated at inter-college competitions from various colleges of Punjabi University, Patiala were examined. The age of judokas and wrestlers were ranged between 19 to 25 years. Tool used for testing Agility was measured by administrating Boomerang agility test (Right) developed by Donald *et al*. (1940).

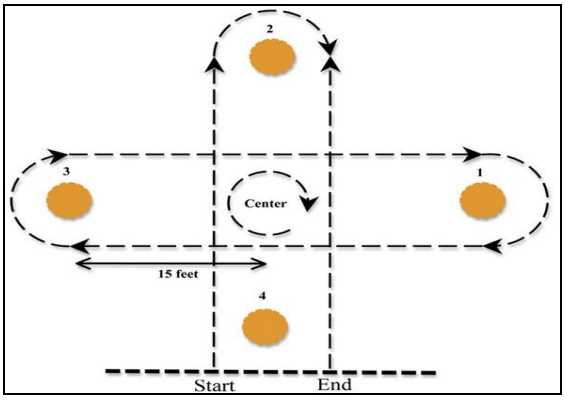

Fig 1: Right-Boomerang run agility test Courese

Statistical Analysis
The Statistical Package for the Social Sciences (SPSS) version 16.0 was used in data analyses. The data was presented as descriptive statistics viz. mean, standard deviation etc. The independent samples t-test was applied to compare the agilityl of judokas and wrestlers. The level of significance was set at 0.05.

Result

Table 1: Comparison of agility between the judokas and wrestlers

Variable	Judokas (N=25)		Wrestlers(N=25)		't' Value
	Mean	SD	Mean	SD	
Agility	13.782	.70822	14.015	0.90386	1.015

Table presents the results of variable agility between judokas and wrestlers. The descriptive statistics shows the Mean and S.D. values of judokas as 13.782 and .70822 respectively. However, wrestlers had Mean and S.D. values as 14.015and 0.90386respectively. The 't'-value 1.015 as shown in the table above was found statistically insignificant as value was found higher than 0.05 level of significance with (df=48).

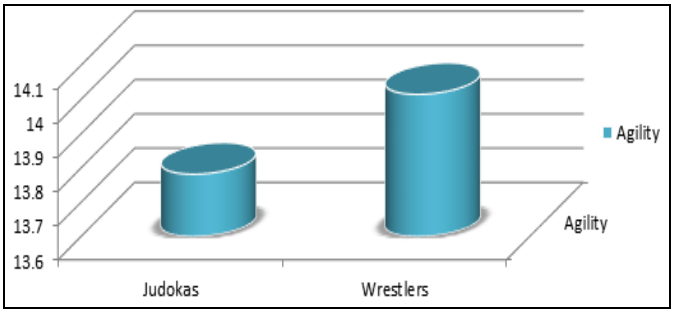

Fig 1: Graphical representation of mean scores with regard to the variable Agility between Judokas and Wrestlers.

Discussion

It is evident from the above findings that insignificant difference has been observedon the variable agility between judokas and wrestlers. The outcome of the study might be due to the fact that agility plays dominating role in judo and wrestling and players also focus on this component during their training schedule. Hence, both the groups developed equally on the above said variable. The present findings substantiate the assertion of Singh (2014) [8] who corroborated insignificant difference between judokas and wrestlers with regard to the speed of the movement. Similarly, Ratamess (2011) [7] sustained that the grappling sports of judo, jiu-jitsu and wrestling require the athlete to be in peak physical shape. Specific training targeting all health and skill related fitness conditioning components is needed to maximize success in grappling sports. Strength and condition programs for grapplers consist of weight, polymeric, agility, flexibility, speed and aerobic training all properly periodized and integrated with sport practice to maximize performance at the appropriate time.

Conclusion

It is concluded from the above findings that no significant differences were found on the variable agility between judokas and wrestlers.

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